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Hy-Vee dietician Nicole Arnold shares some tips for keeping your New Year's resolution to eat healthier. Arnold recommends adding color to your plate and cooking for yourself. Courtesy of iStock

Steer toward the healthy side

Replace winter comfort foods with better alternatives

By Emily.Schroer
@iowastatedaily.com

The end of January can mean many things: another guaranteed month of being cooped up inside, winter comfort food to stave off the chill and either the continuation or cessation of the common New Year's resolution to be healthier.

If you feel like you've fallen into a mid-winter slump, find some tips from local experts to make simple steps toward being healthier.

Homemade

The first tip offered to those looking to make a change was to know what goes into their food by controlling the ingredients and making their favorite products from scratch.

Power bars, a popular item touted as health food, can be loaded with sugar and are expensive, Arnold said. Instead, make power bars.

It is really easy to just add protein powder with a base such as peanut butter and honey, she said. Just throw in some old cupboard snacks like raisins and nuts, or even add chocolate for a little treat.

Rose Martin, senior lecturer in food, science and human nutrition, said making homemade foods also allows for controlled portions.

For college students, pizza is a constant diet sabotage. Take a break from ordering pizza and make your own.

Thin crust pizza is better than thick crust. Also when picking a pizza, the ones with vegetarian tend to be better than the ones loaded with meats. Eating a salad before chowing down on pizza can ensure that you get your vegetables and eat fewer slices.

Keep it colorful

Fruits and vegetables are

important in maintaining a fresh diet.

It is a good idea to create a colorful plate when making a meal.

Keeping it colorful means to add things such as fruits and vegetables, spices and seasoning to the meal.

Different colors of produce correspond to different vitamins and minerals, Martin said.

"Keep it simple," Arnold said when talking about how to spice up a meal.

Use simple things like strawberries lettuce, and green beans. Picking produce can sometimes be a challenge.

The fruit or vegetable should have a little softness to it, but not too much.

Frozen vegetables are great to add to ramen noodles to make the meal more filling and nutritious, Arnold said.

In order to work more produce into your diet, you need to know how to shop for it. Arnold offered shopping tips for produce.

Let produce ripen in a paper



Emily Blobaum/Iowa State Daily
Nicole Arnold, West Ames Hy-Vee dietician.

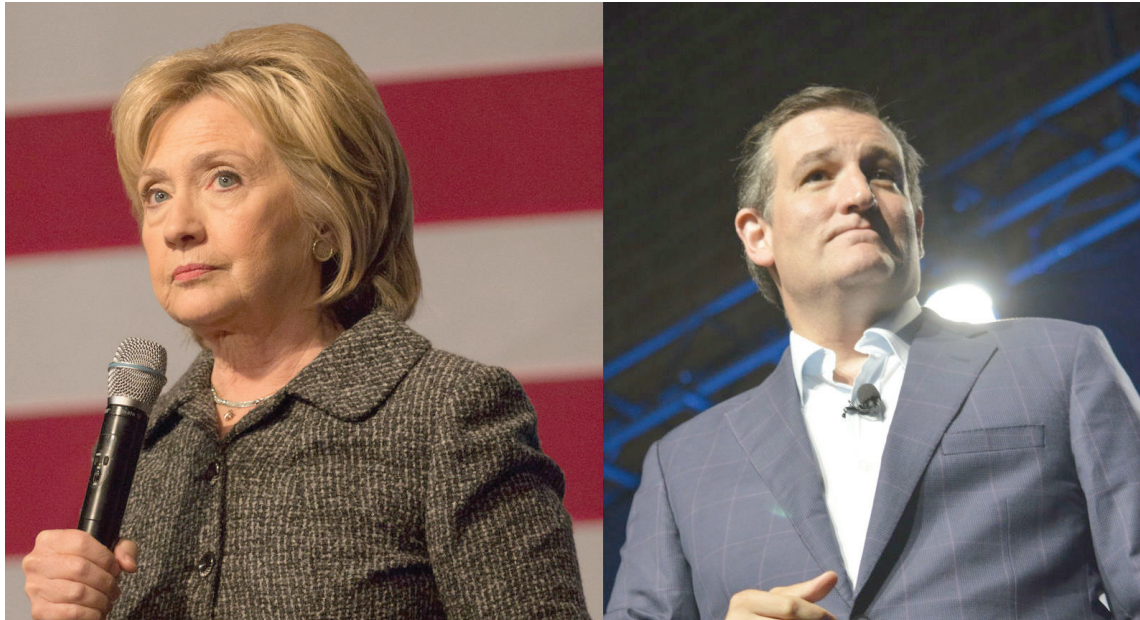
bag for a few days if you buy produce in bulk.

Also, don't ever buy produce with bruises on it.

That could result in having to throw the entire purchase in the garbage.

When it comes to choosing between apples, apple sauce, and apple juice, just remember the less added sugar, the better.

HEALTH p8



Emily Blobaum and Charlie Coffey/Iowa State Daily
Hillary Clinton, left, and Ted Cruz, right, lead in support from likely caucusgoers, according to the latest poll from Iowa State University and WHO-HD. This is the second poll of its kind. Carson previously led the Republican caucus, with Rubio in second and Cruz third.

Clinton, Cruz lead in new poll

ISU/WHO poll reveals changes

By Alex.Hanson
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Less than a week until the first votes are cast, Hillary Clinton and Ted Cruz lead the race in the Iowa Caucus, according to a new poll released from Iowa State University and WHO-HD on Tuesday.

Clinton has the support of 47.4 percent of likely caucusgoers, while U.S. Sen. Bernie Sanders is close behind at 45 percent. Former Maryland Gov. Martin O'Malley only registered less than 1 percent.

This is the second poll conducted by Iowa State and WHO, and the first poll showed Sanders with only 27.8 percent, signaling

a surge in support over the last several weeks.

On the crowded Republican side, Cruz has support of 25.8 percent of likely caucusgoers. Donald Trump is second at 18.9 percent; Ben Carson is third at 13.4 percent; Marco Rubio is fourth at 12.3 percent; Rand Paul is fifth at 6.9 percent; Jeb Bush is sixth at 3.8 percent; 2008 caucus winner Mike Huckabee is seventh at 3.7 percent; and Carly Fiorina is eighth at 1.1 percent.

Rick Santorum, Chris Christie and John Kasich register less than 1 percent.

The first poll from December showed Carson in the lead with Rubio in second, Cruz in third and Trump in fourth.

The newest poll, conducted through phone interviews with 722 registered voters between Jan. 5-22, shows Trump with a surge of support on the Republican side.

"Trump has done an excellent job of motivating non-traditional Republicans and people who don't typically vote to support him and attend his rallies," said David Andersen, assistant professor of political science. "However, our poll has shown - twice now - that he is not the leading candidate among people who are the most likely to go out on caucus night."

"Trump probably has more supporters than other Republican candidates overall in Iowa, but if those supporters don't show up to caucus it just won't matter. It is not just popularity that wins the caucus; it is turning out your supporters," he said.

Even with the current standings, 34.2 percent still have yet to make up their mind.

"Between now and caucus

POLL p4

CyRide budget advances

By Christie.Smith
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Council members heard public input regarding CyRide budgeting and e-cigarette use at the Ames City Council meeting on Tuesday night.

The meeting included a scheduled public forum for the city's Capital Improvement Plan, a 5-year budget for major projects. Part of the plan includes improving the CyRide fleet, storage facility and bus stops.

The plan, introduced at the Jan. 20 meeting by city manager Steve Schainker, will provide for the purchase of 13 new buses and 25 used buses by 2021. It allocates more than \$2 million to expand CyRide's storage facility, which the CyRide Board of Trustees estimates will be outgrown by fall 2016.

The plan also provides funding to install shelters at three bus stops per year over the next five years.

City funding for CyRide has become a priority since federal funding has been cut. The burden of the public transportation system has relied more heavily on local funding.

CyRide fees for students, built into tuition costs, have increased this semester from \$66.35 to \$73.10 per semester, said ex-officio representative Sam Schulte.

No one commented on CyRide budgeting during the public forum. The Capital Improvement Plan will be voted on Feb. 9.

Council members also voted 6-0 on the second passage of an ordinance to ban electronic cigarette and nicotine delivery systems Tuesday.

The ban, introduced on the heels of the Iowa State ban Jan. 12, was passed unanimously after widespread public support.

Members from Iowa State's Health Promotion Club were present at the meeting Tuesday to support its second passage.

The ordinance will ban e-cigarettes where cigarette use is already prohibited under the Smokefree Air Act, with an exception for e-cigarette stores. City Council will vote on the ban for the third time in February.

TRAFFICKING p4

Trafficking month arrives

Obama targets modern slavery

By Jaki.Cavins
@iowastatedaily.com

America is called the land of the free, but there are some people living in this country who are not.

The 13th Amendment abolished slavery in the United States of America in 1865. However, according to Allies Against Slavery, there are currently between 21 and 30 million people trapped within the horrors of the modern form of slavery all over the world, including in the United States.

This modern-day slavery is better known as human trafficking.

It is easy to assume that the problem lies in countries across the globe, but in reality that is not the case. In fact, the United States is one of the largest stops for human trafficking in the world.

Los Angeles, San Francisco and San Diego are three of the cities with the most sex trafficking, according to Californians Against Sexual Exploitation (CASE), a non-partisan organization dedicated to ending human trafficking.

Teresa Downing-Matibag, lecturer in sociology, said the United States is among the worst countries in regards to this issue.

"The most shocking thing about human trafficking in the U.S. is that our citizens are among the world's worst offenders in the area of sex trafficking and many of our corporations fail to check their supply chains for labor trafficking," Downing-Matibag said. "If our nation is to stand as a model of freedom and beacon of hope for the world, we need to stop these outrageous forms of exploitation

by our own citizens first."

Human trafficking in its many forms is a huge money-making trade. Criminals in the human trafficking business profit around \$150 billion every year at the expense of the slavery of other human beings, according to End Crowd, an organization dedicated to ending slavery worldwide.

The main types of human trafficking are sex trafficking, forced labor and debt bondage. Someone falls victim to one of these forms of slavery every 30 seconds, according to End Crowd.

George Belitsos, founder of Youth and Shelter Services and current chairman of Iowa Network Against Human Trafficking, said child sex trafficking is the most prominently seen form of human trafficking in Iowa.

"Most of the sex-trafficked minors in Iowa have been runaways and homeless, within 48 hours of becoming homeless or a runaway," Belitsos said. "One out of four of those minors come in contact with traffickers. Last year in Iowa there were just over 4,000 runaways."

National Slavery and Human Trafficking Prevention month is meant to raise awareness to the fact that human trafficking is real and the industry is growing in the United States and in many other countries.

Although the amount of human trafficking in the United States is increasing, there are changes being made. The Iowa Network Against Human Trafficking works with different agencies throughout Iowa to find solutions.

National attention has added momentum on the issue. President Barack Obama made a proclamation on Dec. 31, 2015 that dubbed January as National Slavery and Human Trafficking

Weather



WEDNESDAY

Patchy fog before 9 a.m.
Otherwise, partly sunny.
Wind chill values as low as 5.

31
25

Weather provided by ISU Meteorology Club.

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

Jan. 25

An officer investigated a property damage collision at East Campus Parking Deck (reported at 10:02 a.m.). Report initiated.

An officer initiated a drug related investigation at Armory Building (reported at 11:23 a.m.). Report initiated.

An individual reported the theft of a wallet at Wallace Hall (reported at 12:57 p.m.). Report initiated.

Officers checked on the welfare of an individual. The person was transported to a medical facility for treatment at Willow Hall (reported at 12:37 p.m.). Report initiated.

An officer assisted an individual who was experiencing medical difficulties. The person was transported to a medical facility for treatment at Memorial Union (reported at 2:47 p.m.). Report initiated.

An officer initiated a drug related investigation at Willow Hall (reported at 2:47 p.m.). Report initiated.

An individual reported the theft of items from an apartment at 44 Schilleter Village (reported at 6:20 p.m.). Report initiated.

An officer investigated a property damage collision at Lot D4 (reported at 7:37 p.m.). Report initiated.

Luis Felipe Lourenco, 20, of 119 Stanton Ave Unit 409, Ames, IA, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at 119-409 Stanton Ave (reported at 11:21 p.m.). Report initiated.

Calendar

All events courtesy of the ISU events calendar.

Jan. 27

Poster Sale
9 a.m. - 6 p.m., **Cardinal Room at the Memorial Union**

Hundreds of choices from art prints and movies to music and pop culture. Proceeds from the sale support art programs at the Memorial Union.

Gallery Talk: Art + Issues
7-8 p.m., **Christian Petersen Art Museum, 1017 Morrill Hall**

This gallery talk will use art as a launching pad for a community discussion on campus issues. The current exhibition is focused on the democratic process of commissioning public art for the Art on Campus Collection and will be the foundation for our discussion. The program will include a guided looking exercise, followed by an open-ended dialogue which will draw upon the art in the exhibition and the issues raised by attendees.

Walk-In Belly Dance
7 p.m., **Workspace at the Iowa State Memorial Union**

ISU Five punches for \$35, Public Five punches for \$45
A Delsarte based approach to Middle Eastern (Belly) Dance in the style of award winning performer Shiara.

Women's basketball
7 p.m., **Hilton Coliseum**

\$5-\$12
Iowa State vs. TCU

Grandma Mojo's Moonshine Revival Comedy Troupe
10 p.m., **M-Shop at the Memorial Union**

Grandma Mojo's Moonshine Revival is Iowa State University's student comedy, improv group. Holding shows on some Wednesday nights, you can come and laugh to your hearts content at the Mojos, and with the Mojos.

Jan. 28

Crafty Cocktail Night
6-7:30 p.m., **Reiman Gardens**

Reiman Garden Members \$5, Public \$10
Join Caroline Freese in making oven-baked marbled clay dishes to hold small jewelry, coins or other treasures. This program is BYOB - you may bring beer, wine or a non-alcoholic beverages for yourself. Must be 21+ to attend.

Monogrammed Pendant Class
6-7:30 p.m., **Workspace at the Iowa State Memorial Union**

Start by etching a monogram on a small piece of glass. Sandwich decorative paper between the etched piece and a plain piece of glass, and solder together to give dimension to your pendant.

Ames Caucus

Know where to vote, how to register

By Alex.Hanson
@iowastatedaily.com

The Iowa Caucus is scheduled for Feb. 1, and if you are not registered to vote in Iowa, you still have a chance to sign up or change your registration.

If you're not currently registered to vote, you can do so on caucus night if you bring the necessary form of identification. These same conditions apply if you wish to change your party registration, or if you need to switch your address to Iowa.

To register at your caucus location, you must bring a photo ID such as a driver's license, passport or student ID. You must also bring a document to prove your address such as a telephone bill, pay stub, bank statement or housing contract.

A full list of caucuses locations is posted at www.

iowastatedaily.com, but here are the most common caucus locations if you live on campus or in an apartment. To find the ward and precinct you live in, visit the Iowa Secretary of State website at sos.iowa.gov.

Democrats:

- 1-2 Hansen Ag Center - Atrium, 2516 Mortensen Rd (ISU) - WALLACE/WILSON DORM
- 2-1: Scheman Building - Room 220-300, 1805 Center Dr (ISU) - FREDERIKSEN COURT
- 2-2: Ames High School - Media Center, 1921 Ames High Dr - SCHILETER AND UNIVERSITY VILLAGE
- 3-1: Ames Middle School - Commons/Cafeteria, 3915 Mortensen Rd - UNIVERSITY WEST
- 3-2: Edwards Elementary School - Commons/Cafe, 820 Miller Ave - UNIVERSITY WEST
- 4-1: ISU Memorial Union - South Ballroom, 2229 Lincoln Way (ISU) - BUCHANAN HALL, LEGACY, CAMPUSTOWN NORTH OF KNAPP ST.
- 4-2: ISU Memorial Union - Cardinal Room, 2229 Lincoln Way (ISU) - RICHARDSON COURT

DORMS

The Iowa Democratic Party has a full list at iowademocrats.org.

Republicans:

- 1-2: Friendship Baptist Church - Sanctuary, 2400 Mortensen Road - WALLACE/WILSON DORM
 - 2-1: Ames High School Band Room, 1921 Ames High Drive - FREDERIKSEN COURT
 - 2-2: Somerset Clubhouse, 2400 Aspen Road - SCHILETER AND UNIVERSITY VILLAGE
 - 3-1: Oakwood Road church, 2400 Oakwood Road - UNIVERSITY WEST
 - 3-2: Friendship Baptist Church - Fellowship Hall, 2400 Mortensen Road - UNIVERSITY WEST
 - 4-1: St John's Episcopal Church, 2338 Lincoln Way - BUCHANAN HALL, LEGACY, CAMPUSTOWN NORTH OF KNAPP ST.
 - 4-2: Memorial Union-Pioneer Room, 2229 Lincoln Way (ISU) - RICHARDSON COURT DORMS
 - 4-3: Memorial Union-Gallery, 2229 Lincoln Way (ISU) - UNION DRIVE DORMS
- The Iowa Republican Party has a full list online.

Digital Content

MULTIMEDIA

Gallery: Winter weather hit Ames

First freezing rain then snowfall blanketed Ames starting Monday night. Find a photo gallery of the inclement weather online and on the app.

NEWS

ISU-WHO poll shows new leaders

Hillary Clinton and Ted Cruz lead the race in the Iowa Caucus, according to a new poll from ISU and WHO-HD. Find out how far of a lead they have through the brief on the app.

NEWS

City of Ames to test new pipes

The city is testing recently installed pipes that connect the new water plant to the existing one. Find out more on the app.

SELF

Dangers lying in the tanning bed

Find a list of possible bodily damage that can occur from the popular beauty trend of tanning through a list on the app.

NEWS

Army ROTC offers class to stay fit

Iowa State's Army ROTC offers a class that will help both cadets and students stay fit and healthy. Find out more on the app.

MULTIMEDIA

Gallery: Army ROTC class workout

Cadets and students meet at a designated gym on campus to workout. Find a photo gallery online of the group working up a sweat.

Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

Candidates to visit

By Alex.Hanson
@iowastatedaily.com

Several presidential candidates will return to Ames to make their pitch to college students before Monday's Iowa Caucus.

Here are the details for events scheduled in Ames over the next few days. More details on RSVP information can be found at www.iowastatedaily.com.

Mike Huckabee meet and greet

- **WHEN:** 12:30 p.m. Wednesday, Jan. 27
- **WHERE:** Jeff's Pizza, 2420 Lincoln Way, Ames
- Rick Santorum guest appearance at house party**
- **WHEN:** 7 p.m. Wednesday, Jan. 27
- **WHERE:** 3020 Weston

Dr., Ames
Martin O'Malley campaign stop
• **WHEN:** 7:45 p.m. Wednesday, Jan. 27.

• **WHERE:** Torrent Brewing Company, 504 Burnett Ave., Ames

Ted Cruz campaign rally

- **WHEN:** 11 a.m. Saturday, Jan. 30
- **WHERE:** Gateway Hotel - Garden Room, 2100 Green Hills Dr., Ames

Hillary Clinton event at ISU

- **WHEN:** 11:45 a.m. Saturday, Jan. 30.
- **WHERE:** Howe Hall, Iowa State University, 537 Bissell Road, Ames

Carly Fiorina town hall at Iowa State

- **WHEN:** 7 p.m. Saturday, Jan. 30.

StuGov to vote on SUB

By Michaela.Ramm
@iowastatedaily.com

Student Government will discuss its contract with the Student Union Board at its next Senate meeting.

Senators will vote on a financial agreement with SUB at 7 p.m. Wednesday

in the Memorial Union. This contract, if approved, will last for three years, from July 1, 2016 to June 30, 2019.

Student Government will also vote on and discuss the Affordable Education in Iowa Resolution. This resolution will ask Iowa legislatures in Des Moines to allocate \$8.2 mil-

lion in recurring funds to Iowa State to accommodate the spike in undergraduate enrollment.

The senators will also discuss the allocation of funds to various projects and student organizations on campus, including a campus lighting project and the ISU Women's Basketball Club.

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Students launch website rooted in adventure

Group explores Iowa's landscape

By Ellen.Bombela
@iowastatedaily.com

Four ISU students' love of exploring and photography inspired them to create an online website that showcases different places to explore around Iowa.

Dylan Thomas, junior in political science; Grant Parks, sophomore in pre-business; Jonathan Kreye, sophomore in child, adult and family services; and Ian Jamieson, sophomore in software engineering, are the four masterminds behind the Exploring Iowa website.

The group has been exploring different places around Iowa together for the last year and a half, compiling information about the different locations to put on their website.

"We drove around to a lot of unique locations that not a lot of people think would be in Iowa," Kreye said.

People have a few dif-

ferent options to begin exploring at www.exploring-iowa.com.

Guests can navigate through a series of tabs including articles, adventures and a map.

Information that is available on the website includes what to expect, the best times to go and things to be aware of at each location, along with photos.

"Around the state there are just so many different places to discover," Parks said. "There's a stereotype of Iowa being just cornfields, but there's so much more to it than that."

The website, which launched on Tuesday, currently has information on almost 30 locations including Ledges State Park, the Grotto of Redemption, the High Trestle Trail Bridge and the Lunde Barn southeast of Ames.

"There are always going to be more locations added and more places to explore," Jamieson said. "Those locations will be added incrementally."

While most of the locations are situated near Ames or in Central Iowa, the group ultimately plans to expand the site and



Courtesy of Ian Jamieson

Two of the adventurers behind the new adventure website, Exploring Iowa, take photos. The website currently includes areas in central Iowa close to Ames. The founders hope to include other counties across Iowa. New explorers can use the website's maps and articles to plan their adventures.

reach out to all parts of the state.

"Our goal is to reach every corner of the state," Jamieson said. "We really want to make this a huge

thing with every part of the state, and get every county involved in this."

Another goal the four students are trying to achieve through the web-

site is to build the community.

"It has culminated into building a community in Iowa that share these same interests, and we're just

hoping to further build that community," Thomas said.

That community, they hope, will spur traffic to the site and allow them to grow.

ROTC offers military class to keep in shape

Students team up with cadets

By Alex.Connor
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"Raiders, ready!" echoed across Lied Recreation Athletic Center on Monday morning as about 200 tired eyes crowded into the rec center.

MS 150, the army physical readiness class, hosted one of its three physical training (PT) tests for both Army cadets and students.

The test involved two minutes of push-ups, two minutes of sit-ups and a two-mile run.

The class, which is designed "to use basic military skills and instruction to develop confidence, leadership and physical fitness," helps non-ROTC students get in shape and cadets stay active.

Dividing into four platoons, the class began with an army-style way of taking



Alex Connor/Iowa State Daily

A student does sit-ups as part of the physical training test in MS 150. The class meets three times a week.

attendance, in which students and cadets stand in formation and take roll call.

After the attendance, students divided into groups of about three people each to be supervised by squad leaders as they began the PT test.

Cadet Andrew Filipp, senior in mechanical engineering and platoon leader, has taken the class at least eight times.

It is a requirement of all cadets to sign up each semester.

He helps squad lead-

ers, along with supervising workout plans.

The class is from 6 a.m. to 7:15 a.m. every Monday, Wednesday and Friday. Thursday is an optional/makeup day.

Nick Arevalo, sophomore in mechanical engineering, said that "long story short," he signed up for the class because none of his friends would wake up and workout with him.

He received an email at the beginning of the semester and decided to sign up.

He noted that the workouts have been good and are different than what he was used to in high school.

Maria Dickson, senior in culinary science; Chris Smith, freshman in meteorology; and Patrick Hertzel, junior in chemical engineering, also signed up for the class for the first time this semester.

After receiving the email, which stated, "everything we do is ability-group based, so everyone will get results," Dickson signed up because she already liked to work out.

This helps her keep a routine during the winter months as a good motivator to get up and go.

Smith joined because of the "freshman 15," an expression used to describe

weight gain during some students' first year at college, but also because he wanted to kick-start the year with a change.

Hertzel said that it just seemed like a good idea.

Smith said the workouts are tough and challenging.

Hertzel, who already liked the mornings, said the class helps him stay motivated and that it "kicks a-- every day."

As for working out with the cadets, they felt little intimidation. Dickson said seeing them is motivating and she liked learning some of the military stances.

As for non-PT days, workouts focus on weight lifting, running and sometimes swimming.

As long as attendance is kept up and students in the class both sustain and improve their physical fitness, the student will pass the class.

"Come see what it takes to be 'Army Strong,'" the MS 150 email concluded.

New ISU printer provider merges with son's company

Laser Resources Inc., Freaky Fresh join together

By Tara.Larson
@iowastatedaily.com

Iowa State's printer provider has made a new addition to its company.

Laser Resources Inc., or LRI, a printing company based in Urbandale announced Jan. 21 that it has merged with Freaky Fresh Marketing. Freaky Fresh is a marketing firm based in Johnston and has been in

business since 2012.

A press release stated that merger of the two companies combines the strengths of LRI and Freaky Fresh Marketing. They do this by mixing LRI's reputation for printing resources with Freaky Fresh Marketing's local marketing knowledge to create a unique collection of products and services to Iowa businesses.

Bob Lashier and Andy Lashier, an uncle and nephew combination, own LRI. Thomas Lashier, the son of Bob Lashier, and Austin Jensen founded Freaky Fresh Marketing. All four men are ISU gradu-

ates.

LRI signed a contract with Iowa State summer 2015 to be responsible for supplying Iowa State's printers and copiers. The change from the current systems to those owned by LRI will take place during the next five years.

The two companies talked about merging for most of last year, and this month made it official.

"Our acquisition of Freaky Fresh Marketing enables us to broaden our product offering to include online marketing services, graphic design, video production, digital signage and large format printing capabilities," said Bob Lashier, president and CEO of LRI.

Thomas Lashier and Jensen said they, too, are excited for the change.

"We've been serving customers since 2012, but we're a small team," Thomas Lashier said. "We weren't able to reach as many people as we wanted."

The merge will not affect the number of employees at either company, but Freaky Fresh will move into LRI offices in Des Moines.

Bob Lashier said he believes this is the right move for Laser Resources because it will allow it to

expand its service portfolio and thereby drum up more business.

"It will give us the ability to provide multimedia," Bob Lashier said, something Laser Resources wasn't able to do up until the merger.

Thomas Lasier of Freaky Fresh said the merger is mutually beneficial.

"This will make LRI more marketing-minded and provide more services for us," Thomas Lashier said. "It's a natural transition."

Laser Resources has been serving Iowa since 1991 with its range of products. These products in-

clude printers, scanners, fax machines, as well as mailing services.

As far as the future of LRI, Bob Lashier said there are no current plans to merge with any more companies.

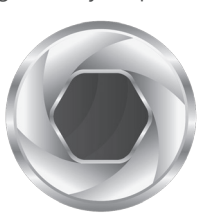
The company does, however, have some ideas for its future.


"We hope to grow as a company and provide a more full product line," Bob Lashier said. "We hope to provide ISU with more products and services."

The four men said they are excited for the future of LRI and are happy to be working in a family-owned company.

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Confound The Pollsters

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Sudoku *by the Mepham Group*

							1	
	4	2			6	7		
			1		8			
		5				4		6
6			3		7			9
2		9				1		7
			5		9			
		8	7			5		
	3			4				

LEVEL:
1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Crossword

1	2	3		4	5	6	7	8	9		10	11	12	13
14				15							16			
17			18								19			
20						21				22		23		
			24		25				26	27				
28	29	30					31	32	33					34
35					36	37					38			
39			40		41						42			
43					44						45			
46				47					48	49	50			
	51							52						
53				54	55	56	57			58		59	60	61
62			63		64					65				
66					67							68		
69					70								71	

- Across**

1 Parking lot fillers
5 "Me too!"
10 Cutlass automaker
14 Nike competitor
15 Valuable violin, for short
16 Genesis or Exodus, e.g.
17 Like the 1920s-'30s, economically
19 Wild revelry
20 Audition hopefuls
21 Enjoyed a sail, say
23 Indian melodies
24 Excellent work
27 Dean's email suffix
28 Japanese sash
30 Back of a flipped coin
31 2,000 pounds
32 Uncooked
34 Greek messenger of the gods
35 Dramatic weight-loss program
38 Geek Squad member
41 Fireworks reaction
42 EPA-banned pesticide
45 Roger who broke Babe Ruth's record
46 Refusals
48 Prior to, in poems
49 Deadeye with a rifle
53 "A Doll's House"
- playwright
55 Decorative inlaid work
56 Watchful Japanese canines
57 Comet Hale-____
59 Hectic pre-deadline period
61 Thought from la tête
62 Hayes or Hunt
63 Slaughter in the Baseball Hall of Fame
64 Surrender, as territory
65 Grab
66 Emailed
- Down**

1 Musical set at the Kat Club
2 Guacamole fruit
3 Tear gas weapon
4 Margaret Mead subject
5 Georgia and Latvia, once: Abbr.
6 Horseplayer's haunt, for short
7 Island near Curaçao
8 Perry in court
9 Convention pin-on
10 Section of a woodwind quintet score
11 Conrad classic
12 Guard that barks
13 Big ____ Country: Montana
- 18 Approximately
22 One-to-one student
24 Prejudice
25 Corrida cry
26 Undergraduate degrees in biol., e.g.
29 Scottish hillside
33 Detective's question
34 Sunshine cracker
35 Massachusetts city crossed by four Interstates
36 Insurance covers them
37 "Please stop that"
38 Film lover's TV choice
39 Corn serving
40 Hardly roomy, as much airline seating
42 Preordain
43 "It'll never happen!"
44 Most uptight
47 Many a Punjabi
50 Goldman ____: investment banking giant
51 New employee
52 Eyelike openings
54 Tugs at a fishing line
56 Clearasil target
57 Clic Stic pen maker
58 Poem that extols
60 Pince-____ glasses

Horoscopes *by Linda Black*

Today's Birthday (1/27/16)
Get into some creative fun this year. Build spiritual, mental and physical health with playful routines. If things seem too serious, get with kids. Plan a family gathering in April, after home renovation in March. In August, curtains open on a new romantic stage. You've got your lines, so shine. Take frequent peace breaks. Cultivate joy.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

- Aries - 6**
(March 21 – April 19)
Think up solutions from a new vantage point. New opportunities open up to advance the prosperity of your community. Opposites attract, now even more. Plan actions before taking them.
- Libra - 6**
(Sept. 23 – Oct. 22)
New skills make you even more interesting. Take risks with home projects, while willing to accept consequences good or bad. Wisdom prevails. You have more in reserve than you thought.
- Taurus - 7**
(April 20 – May 20)
You don't need to spend to have fun. There's nothing wrong with changing your mind. Take small steps toward your goal. Solve a household problem while you're at it.
- Scorpio - 6**
(Oct. 23 – Nov. 21)
Select colors and designs. You're very attractive now. Sparks fly, creatively and otherwise, and it's all good. Emotional speeches are par for the course. Limit your spending considerably.
- Gemini - 6**
(May 21 – June 20)
You can get whatever you need. Let your partner take the lead. Meeting a deadline conserves your good reputation. Finances become more optimistic. Share your gratitude with your team.
- Sagittarius - 7**
(Nov. 22 – Dec. 21)
Decline a party in favor of a private activity. Confirm attendance. Express your true feelings. Do the homework. Anticipate controversy. Let go of how you thought it had to be. Flattery will get you everything.
- Cancer - 7**
(June 21 – July 22)
There's a problem at work, but you can solve it. Create an elegant social event. Being generous doesn't have to be expensive. Let the responses come. Allow for innovative thinking.
- Capricorn - 7**
(Dec. 22 – Jan. 19)
You can solve a challenging puzzle. Others vie for your attention. Do the homework. The data you're amassing comes in useful later. It's not a good time to gamble. Run a reality check.
- Leo - 8**
(July 23 – Aug. 22)
Continue your good work, and advance to the next level. It starts with the first step. Postpone cleaning house. A mess is fine. Gamble or take risks another day.
- Aquarius - 6**
(Jan. 20 – Feb. 18)
Fall in love all over again. Intuition points the way... follow your heart. Keep digging for the best deal, and drive a bargain. A female records decisions. Mean what you say. Dictate the direction to go.
- Virgo - 6**
(Aug. 23 – Sept. 22)
Consider an interesting suggestion from someone beloved. Strengthen your foundation, to avoid losing a deal to another. Have faith, plus a backup plan. Don't bite more than you can chew.
- Pisces - 6**
(Feb. 19 – March 20)
Begin a new project, but finish the old stuff first. Don't get intimidated by constructive criticism. Keep more in reserve than in your pocket. Bring excitement to the bargaining table.

TRAFFICKING p1

Prevention month.

The media has helped to promote awareness of human trafficking. The recent movie "The Room" has been nominated for several awards and brings awareness to sex trafficking. The movie features a woman and her son fighting to escape the world of sex slavery.

ISU students can join ISU-Network Against Human Trafficking, where they can advocate for the use of slavery-free goods only.

By logging onto Slavery Footprint, students can learn how to change their

consumption choices.

Not only is National Slavery and Human Trafficking Prevention month meant to prevent individuals from falling into human trafficking, but it is also meant to find and prosecute perpetrators of the act and to help put back together the lives of those

who have gotten out of human trafficking's grasp.

"As organizations build momentum in the area of awareness raising, community members come forward to ask how they can assist in preventing this crime and providing support to survivors," Downing said.

POLL p1

night, any number of events and candidate developments can affect the outcome," said Mack Shelley, university professor of political science. "Watch for any issues that catch fire just before the caucuses, and pay particular attention to any statements candidates make on important issues and last-minute campaign advertising designed to sway undecided voters."

Candidate qualities

The poll rated outsider candidates Trump and Fiorina on leadership and compassion, and voters viewed Trump more favorably on leadership with 58.9 percent compared to Fiorina's 57.4 percent.

Fiorina was the stronger candidate on honesty, with 64.3 percent compared to Trump's 49.9 percent. She also rated higher on compassion with 61.7 percent compared to 25.6 percent for Trump.

Terrorism important to voters

Terrorism is now the most important issue to voters, with 21.2 percent of those responding saying it was the biggest issue. This is a shift from the first poll, where most said the economy was important.

"In light of the terror attacks in Paris and San

Bernardino, concerns for national – and personal – security have definitely increased, as these results show," said James McCormick, professor of political science.

"To be successful, presidential candidates will increasingly need to reassure Iowans – and Americans – that their policies will keep the country safe. Although economic concerns usually dominate the agenda in presidential elections, national security concerns are likely to be equally important for many voters throughout this election cycle," he said.

The economy was still chosen as the most impor-

tant issue by 18.6 percent dissatisfaction, with government and Congress next at 10.1 percent and the gap between rich and poor third at 8.9 percent.

Faculty from Iowa State's political science department, the statistics department and the Greenlee School of Journalism and Communication collaborated on the poll.

Those departments, along with Iowa State's Office of the Vice President for Research, the College of Liberal Arts and Sciences and the Carrie Chapman Catt Center for Women and Politics, as well as WHO-HD, are funding the research.

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Dr. Anna Holzer

New VP for Student Affairs must be honest

Neglected in the media

News organizations fail to fairly represent third-party candidates

Clinton attacks harm campaign

The gradual surge of popularity on Sanders' part and the scandalous history and reality of Clinton could spell the downfall of the Clinton campaign.



Max Goldberg/Iowa State Daily
ISU junior guard Seanna Johnson pulls up for a jump shot against Iowa Dec. 11, 2015. ISU women's basketball coach Bill Fennelly said Johnson is a game-time decision for Iowa State's game against TCU on Wednesday.

Johnson a ‘game-time decision’

By Luke.Manderfeld
@iowastatedaily.com

ISU guard Seanna Johnson's short-term future on the court is in limbo while the team is evaluating her knee injury that she sustained during the weekend. ISU coach Bill Fennelly said it's going to be a game-time decision to let her play in Iowa State's (11-7, 3-4 Big 12) Wednesday night game against TCU (11-8, 3-5 Big 12) at Hilton Coliseum.

He added that Johnson was evaluated Tuesday afternoon and there was no structural damage.

"[The doctor's] going to evaluate her [Tuesday], let her do some jogging, get her in the pool," Fennelly said. "[She'll] probably go to shoot around tomorrow. [We'll] probably see all of the reports and then we'll make a decision."

Johnson fell to the court, clutching her left knee, after going up for a rebound in Iowa State's 77-61 loss to No. 4 Baylor on Saturday. She was helped off of the court by two trainers, but she returned in the fourth quarter for about a minute and a half of game action.

Fennelly eventually took her out of the game, saying she "practically put

GAME INFO
Who: Iowa State (11-7, 3-4 Big 12) vs. TCU (11-8, 3-5 Big 12)
When: 7 p.m. Wednesday
Where: Hilton Coliseum
Follow: @Luke_Manderfeld and @TreyAlessio33 for updates from the game.

herself in."

After the post-game press conference, Johnson said her knee was sore but fine.

She had a brace at the bottom of her left leg and a bag of ice around the knee. Johnson's teammates said she insisted that she was going to play Wednesday, but the decision will come down to the coaching staff and the doctors, Fennelly said.

"She told us she was playing Wednesday night no matter what," said guard Bridget Carleton.

The looming decision that the team will make about Johnson's availability against TCU brings with it two implications: Johnson's long-term future in basketball, if she were to injure the knee any worse, and the team's lack of replacements.

Bill Fennelly on Bridget Carleton
ISU coach Bill Fennelly was asked Tuesday if freshman guard Bridget Carleton had exceeded his expectations.

"I don't know if I can say exceeded because my expectations were pretty high, probably unfairly high," Fennelly said. "I've pushed her hard in practice, probably unfairly hard at times. But I think that's part of the reason she came here was to be in that position... to do a lot of good things."

Carleton is averaging 12.9 points, 6.2 rebounds per game in her first collegiate season. She has also garnered three Big 12 Freshman of the Week awards.

"She's done a great job, and I think she's the best freshman in our league— she's played that way. She shows up everyday and does what she's supposed to do. She's a great player with really high goals and I think that's a really good combination."

"It's not just about one game," Fennelly said. "She's having a great year, and we've got to protect that. And I think she's got a chance to play basketball beyond Iowa State. It's incumbent on all of us. Sure, you'd love to have her in a game where you need to play well and all that stuff, but that decision will be made by the medical staff and the family."

If Johnson misses Wednesday night's game, Fennelly said it's going to be up to guard Emily Durr to take the extra minutes. Durr took an extra load when guard Jadda Buckley was dealing with foot issues in December.

Durr's extra playing time will have to be paired with an increase in production from some of the team's key players — Buckley, Bridget Carleton and Meredith Burkhall — for the team to get some of Johnson's lost production back.

"Other players have got to play," Fennelly said. "That's the nature of being a Division I athlete. Other players are going to have to play better than they have been. Other players are going to have to play more minutes. There's nothing you can do about it. No one feels sorry for you."

TCU will come to Ames on Wednesday night for Iowa State's second home



Max Goldberg/Iowa State Daily
Seanna Johnson is helped off of the court against Baylor on Saturday.

game in its three-game home stand.

The Cyclones enter the game riding a three-game losing streak. Even if Johnson doesn't take the court, the Cyclones know how crucial the game is for the rest of the Big 12 regular season.

"I think we will get our confidence back if we win, especially after these three losses," Carleton said. "We'll all have to step up— everyone on the floor."

ISU softball leaning on bats to lead

By Sean.Sears
@iowastatedaily.com

The Bergstrom Football Complex, the practice facility for the ISU football team, is usually associated with the sounds of football pads colliding and whistles blaring.

But in the middle of winter, the building has a slight change of tune.

The soft pings of bats lofting lazy fly balls rings throughout the building, as the ISU softball team prepares for the 2016 spring season.

And that season looks bright.

The Cyclones have a strong foundation of upperclassmen, headlined by utility hitter Aly Cappaert and center-fielder-turned-shortstop Brittany Gomez. Cappaert was tied for the team lead in home runs in 2015 with 11, but her focus isn't all about driving the ball out of the park.

"What I really go for is high on-base percentage, high average, and I think the power comes with that,"



Max Goldberg/Iowa State Daily
Brittany Gomez makes contact during a game between Iowa State and Drake. The game was a part of the Big Four Classic on Oct. 2, 2015.

Cappaert said.

Last season, Cappaert had an on-base percentage of .459 along with a .351 batting average, which put her first and second on the team, respectively. She was also second on the team in runs, with 32.

The only Cyclone with a higher batting average was Gomez, who batted .425 at

the plate in 2015, which was the second-best batting average in ISU softball history.

Gomez ended her junior season as Iowa State's all-time leader in hits, steals and runs. To cap off her successful 2015 season, she was one of 18 women selected to play for the Woman's U.S. National Baseball team in the Pan America Games in

the summer.

This season, Gomez is making the switch to shortstop after playing the last three seasons in center field.

"Now I feel a lot better, whereas at the beginning of the year I didn't feel as comfortable," Gomez said. "But I've gotten a lot of practice there, especially with assistant coach [Lindsey] Ubrun

helping me. I've made a lot of progress."

Cappaert and Gomez provide some of the team's power, but the entire team has plenty of power behind it. ISU coach Stacy Gemeinhardt-Cesler has put together some impressive offensive numbers in the last three seasons, setting the single-season program

records for runs, home runs, RBIs, walks and stolen bases.

Her teams own a blend of power and speed, allowing the Cyclones to manufacture runs in multiple ways.

"I just think with time we've gotten better," Gemeinhardt-Cesler said. "We've continued to improve and become better athletes."

Gemeinhardt-Cesler also pointed out the team's depth, calling it "the closest group in terms of skill level we've had." She said it gives the Cyclones plenty of versatility going forward this season.

Pitching is the one question mark for the team, with Brianna Weilbacher being the lone returning player. However, the team will bring in a few freshman pitchers to make up for it.

The pitching staff will need a boost, as it owned a 4.81 ERA last season.

The Cyclones will start their season with a double-header against Indiana University-Purdue University Indianapolis and Eastern Illinois on Feb. 12 in Ames.

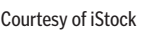
Don't get burned by tanning beds

By Alexa.Weber
@iowastatedaily.com

The American Cancer Society defines melanoma

A base tan does very little to protect skin from

They can begin by staying clear of tanning beds,



Using tanning beds with UV rays, such as the one shown above, can be damaging to the skin. Some tanning beds contain UVA and UVB rays. These rays damage DNA cells and cause mutations that lead to melanoma.

10 a.m. to 2 p.m. — and remembering to apply SPF every two hours will help prevent sunburns.

For more information about the dangers of tanning, advice and statistics, visit mfne.org.

Test out a safer option: spray tans

Be sure to moisturize after exfoliating.



Getting a spray tan is one alternative to using a tanning bed. Other alternatives include self tanners in the home. Both are safer alternatives.

soak in way more self tanner if left un-moisturized. This means these areas will look extra dark and throw that natural looking tan out the window.

Picking one shade
above the natural skin tone

Brewing a dark batch of black tea and putting it

Be sure to exfoliate that sun-kissed skin between each use of self tanner and bask in the beauty of glowing healthy skin that wasn't put at risk for cancer or the harmful rays of a tanning bed.

-Nicholas Sparks

Published by the Iowa State Daily, Wednesday January 27, 2016



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HEALTH p1

Apples obviously should be your first choice because they have no added sugar to them. Always check the added sugars on the label. It is healthier to choose original apple sauce and add your own ingredient to make it your own. Plus, there will be a lot less sugar, Arnold said.

If you decide to drink apple juice, make sure to pay attention to the amount per serving and the added sugar.

Juice is good to drink

as long as it is in moderation.

Fiber vs. Sugar

Fiber is extremely important in the function of the digestive system.

“The goal is to go for three grams of fiber per serving,” Arnold said.

Sarah Haveman, certified diabetes educator at the Diabetes and Nutrition Education Center at Mary Greeley Medical Center, said fiber tends to help regulate glucose levels.

Haveman said some foods, such as processed foods, have “fake fibers” but fresh fruit has real fiber

so there should be some fruit on your dinner plate every night.

Martin also said fiber is good for the gastrointestinal tract because foods with insoluble fiber, such as vegetables, fruits and whole grains, help move bulk through the digestive system.

Next time instead of just grabbing some random bread and throwing it in the cart, turn it over and read the label.

It is important to have more fiber and less sugar in your diet.

Also when reading the

ingredients list, check and see if the first ingredient is whole wheat. Whole grain is not the same as whole wheat.

“Stick to what is in nature,” Arnold said.

Inexpensive snacks

The grocery store is bursting with snacks more nutritious and less expensive than vending machine products, Martin said.

Humus is a good snack option because it comes already made, contains healthy fats and protein and tends to be fairly inexpensive.

Vegetables and healthy

crackers can be dipped in hummus.

Cheese with a low-fat content is also recommended for the protein and calcium content.

The Laughing Cow cheese is a great low-calorie snack. Even though it is a little more expensive, it won't hurt to splurge every once in a while.

“Wrap string cheese around deli meat for a good snack,” Arnold also recommended.

Martin said peanut butter and jelly can be one of the best snacks to have if the right whole wheat

bread is chosen with a light layer of jelly.

The food plate

The United States Department of Agriculture has the Choose My Plate program to help guide American's diets.

The food plate provides guides for portion sizes and percentages of food groups that are recommended. The typical meal plate should contain 30 percent vegetables, 25 percent grains, 25 percent protein and 20 percent fruit.

Visit choosemyplate.gov for more tips.



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